



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Carrie Alford**

**Tunnel to Towers 5K Run/Walk Nelsonville**

**40:37.2**

**May 1st, 2022**

131 out of 411 Finishers

63 out of 236 Female participants

8 out of 29 Females in your age group